

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
2 BAKED CHICKEN BREAST Marsala Sauce Roasted Red Potatoes California Blend Vegetables Fresh Apple Cookie	3 Birthday Meal MEATLOAF Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fresh Fruit Birthday Cupcake	4 MEATBALLS German Sauce Whole Grain Pasta Spinach Romaine Salad Seasoned Carrots Lemon Pudding	5 PORK SAUSAGE GRAVY Biscuit O'Brien Potatoes Broccoli Fresh Fruit	6 BBQ RIBLETTE PATTY Lyonnaise Potatoes Capri Blend Vegetables Fresh Apple						
9 WHITE BEAN CHICKEN CHILI Seasoned Green Beans Normandy Vegetable Blend Pear Cobbler Wheat Dinner Roll	10 BRAISED BEEF TIPS Barley Risotto w/ Gravy Seasoned Carrots Green Peas Peaches	11 BAKED CHICKEN BREAST Mashed Potatoes w/ Gravy Garden Vegetable Salad Green Peas Pineapple Pudding	12 SWEET & SOUR PORK Steamed Brown Rice Garden Vegetable Salad Mandarin Oranges Chocolate Chip Cookie	13 SALISBURY STEAK Whipped Potatoes w/ Gravy Capri Blend Vegetables Seasonal Fresh Fruit						
16 CHICKEN ALFREDO Pasta w/ Sauce Italian Blend Vegetables Green Peas Brownie	17 MEATLOAF Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fresh Orange White Chocolate Macadamia Cookie	18 CHICKEN THIGH Seasoned Brown Rice Mushroom Gravy Green Garden Salad Whole Kernel Corn Lemon Cookie	19 TURKEY SWISS BURGER Baked Beans Mixed Vegetables	20 CHRISTMAS DINNER Register						
23 POTATO CRUSTED FISH Green Peas Canned Pears Wheat Roll Vanilla Pudding	24 MEATBALLS Brown Rice Teriyaki Sauce Broccoli Florets & Cuts Seasoned Carrots Rocky Road Pudding	25 CLOSED FOR CHRISTMAS 	26 CLOSED FOR CHRISTMAS	27 CHICKEN BREAST Bowtie Pasta Cordon Bleu Sauce Seasoned Green Beans Carrots Fresh Banana						
30 ROAST PORK Mashed Potatoes Pork Gravy Spinach Spiced Apples	31 ROTISSERIE CHICKEN Green Beans Almondine Cornbread Spinach Romaine Salad Gelatin Cheesecake	Average Lunch Money Donations Per Person From Our Center <table><tr><td colspan="3">SUGGESTED DONATION \$3.00</td></tr><tr><td>AUG \$3.45</td><td>SEPT \$2.20</td><td>OCT \$2.45</td></tr></table>			SUGGESTED DONATION \$3.00			AUG \$3.45	SEPT \$2.20	OCT \$2.45
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December 2019

Spend the day with us

And make yourself at home



Harman Senior Recreation Center

4090 South 3600 West - West Valley City

801-965-5822

<http://www.facebook.com/HarmanSeniorRec>

For lunch and/or ride reservations

call one day in advance before 12:00 p.m.

Suggested lunch donations for Seniors \$3.00.

Van suggested donation \$1.00 each way.

Upon request reasonable accommodations can be made for those with disabilities.

